

A1. When it is a fried chip!

A2. By eating your 5-9 servings of colorful fruits and vegetables everyday.

Are you confused by the daily deluge of nutrition information in the media? While modern science has discovered many impressive health advances, few come close to the health promoting, disease-fighting benefits of colorful fruits and vegetables. Fruits and vegetable eaters are generally healthier and have a better chance of staying that way than folks who pass up the produce department. Evidence that connects fruits and vegetables with reduced risk for certain cancers, heart disease, high blood pressure, birth defects and diverticulosis is convincing.

How much is enough? This is definitely a case where more is better. Check out the serving recommendations below!

USDA Recommendations	Fruits	Vegetables
Children 2-6 years, most women, some older adults	2	3
Children over 6, teen girls, active women & most men	3	4
Teen boys and active men	5	5

What is a serving?

1 Medium piece of fruit or vegetable
 ½ cup fruit or vegetable
 1 cup leafy salad greens
 ¾ cup 100% fruit or vegetable juice
 ¼ cup dried fruit

The key to achieving plenty of produce in your diet is to make it easy!

- 🍅 Pack grape tomatoes, orange or apple slices, baby carrots, fresh pea pods or fresh berries to snack on and keep your energy up throughout the day.
- 🍅 Make a quick smoothie using frozen fruits to enjoy during your morning commute.
- 🍅 Add frozen mixed vegetables to canned or dried soups for quick dinner options.
- 🍅 Save time with precut salads and vegetable mixes for meals.
- 🍅 Keep a bowl of easy-to-grab washed fruit in your worksite break room.
- 🍅 Add fruit to your favorite tossed salads for extra flavor, nutrients and crunch.

Visit the following Websites for additional information:

www.cancer.org
www.cdc.gov/5aday

www.usda.gov
www.5aday.gov
www.nutrition.gov
www.5aday.com
www.aboutproduce.com
www.doh.wa.gov

American Cancer Society
 Centers for Disease Control and Prevention
 US department of Agriculture
 National cancer Institute
 US Government links
 Produce for Better Health
 Produce Marketing Association
 Washington State Department of Health

